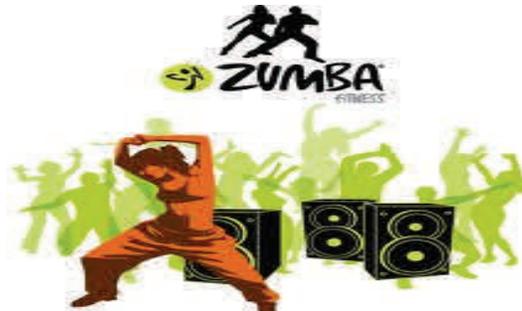


# Zumba Fit

*New and Improved 2014-2015*



Zumba Fit with certified instructor Kathy Fontaine combines a mix of high energy and motivating music with unique moves and intense combinations that allow participants to dance their way to great fitness. ZUMBA FIT is 'FUN AND EASY TO DO'. If you stick to our Zumba Fit program you can achieve long-term health benefits. Zumba is not only great for the body, but it is also great for the mind as a 'feel happy' workout.

**Ages: 12 and up**

*"bring your teen to get fit & lean"*

**Saturdays, 9:00 to 10:00 a.m.**

**Mondays, 8:00 to 9:00 p.m.**

## **FEE**

\$7 per visit

\$35 6-visit pass

\*Y.E.S. eligible program.

*Visa and MasterCard are the preferred method of payment.*

**Online Registration: [www.fortlauderdale.gov/webreg](http://www.fortlauderdale.gov/webreg)**

## **HOLIDAY PARK**

1150 G. Harold Martin Drive

Fort Lauderdale, FL 33304

(954) 828-5383

[www.fortlauderdale.gov/parks](http://www.fortlauderdale.gov/parks)



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